

11:00am	U16 Men and Women	4000m
11:00am	U18 Women	4000m
11:30am	U/14 Boys & Girls	3000m
11:30am	U/13 Boys & Girls	3000m
11:30am	U/14 Men and Women	3000m
11:30am	U/15-U/17 Boys & Girls	3000m
11:50am	U18 Men & U20 Women , O50 Women	6000m
12:20pm	U/6 Boys & Girls	500m
12:30pm	U/7 Boys & Girls	750m
12:40pm	U/8 Boys & Girls	1000m
12:55pm	Open Men & Women, O35 Men & Women	10km
12:55pm	O50 Men, U20 Men	8km
1:45pm	Mums & Dads	1000m
1:55pm	Tiny Tots	40m dash
2:00pm	U/9 Boys & Girls	1500m
2:15pm	U/10 Boys & Girls	1500m
2:30pm	U/11 Boys & Girls	2000m
2:45pm	U/12 Boys & Girls	2000m
3:00pm	Open Family Event	1000m

Key
Athletics SA Event
Little Athletics SA Event

Note: Dual registered athletes competing in the Athletics SA event may still have that event counted as a qualifying event for the Little Athletics SA Cross Country Championships.